

BOSTON MARATHON by Bill Dodson

When I arrived in Boston on Saturday it was a very cool, overcast day, with the wind blowing from the west (potential tailwind).

On Sunday morning I took a leisurely stroll over to the top of Heartbreak Hill, then began walking toward the statue of Johnny Kelly. As I was part way down the hill, a squirrel scampered into the street, saw a car, stopped and started back, saw another car, panicked, turned again and ran in front of 2 cars bearing down on him. I held my breath as the first car missed him, but shuddered as the second one hit him. He kicked frantically and then lay still as I stood with a sense of utter helplessness. Finally, I walked on, sadly thinking "How fragile life can be!"

Upon arriving at the statue, I realized it's really two statues: Kelly at 84 holding hands with Kelly at 27. Younger Kelly has just won the Boston Marathon, and Older Kelly has just completed his 61st Boston Marathon. I was overwhelmed with emotion as I realized this would be the first year he would not be running. Finally, as the tears of appreciation began to subside, I walked away, reverently thinking "How durable life can be!"

Monday dawned without a cloud in the sky, and I thought "Oh no, after 2 days of almost perfect conditions, it's gonna be hot". The weather forecast said it would be warm with a tailwind or cool with a headwind. Well, the ocean breezes prevailed, so we had almost perfect conditions except for a moderate headwind, getting stronger in the last few miles.

With a qualifying time of 3:02, my assigned starting corral was fairly close to the starting line. By adding some strategic maneuvering after removal of the restraining ropes, I crossed the line and started my watch at 23 seconds on the official clock.

The crowds were lighter this year, but the Wellesley Women lived up to their reputation with the most enthusiastic cheering I've ever had the pleasure of painfully enjoying. While running a marathon, my face usually reflects something between suffering and distress, but for the entire length of the Wellesley campus I was all smiles.

At the halfway point, I was very close to my planned schedule with a time of 1:28:50, building up a cushion on the downhill part to use going up the Newton hills. I reached the top of

Heartbreak Hill in good shape and for the last 6 miles passed gobs of people like they were hardly moving (many of them were). Unfortunately, in the last couple of miles my legs started going flat, and I began to fear my 3 hour finish was in jeopardy.

After the final turn on to Boylston street I heard 2:59:10 announced and the finish line looked a long way off. In spite of what some people claim, there IS a limit to what you will can achieve. I crossed the line as the clock read 3:00:??, then pushed the stop button on my watch and jubilantly observed that it read 2:59:59. My official time from the starting gun was 3:00:21, giving me 5th place out of 163 in the 60-69 age group.

Incidentally, finishing five seconds behind me was 67 year old Keizo Yamada, the overall winner in 1953, the year I graduated from high school. Whether I passed him or he was about to pass me, I suppose I'll never know.

After getting my finisher's medal and mylar blanket, I proceeded to a joyous celebration with my coach Bill Reifsnyder and fellow trainee Brad Carvey. My thanks to them for helping me make it happen.

On to Boston 100.

RUNNER'S PROFILE by Joe Howell

As I prepare this column on the eve of the State Street Mile, it seems particularly appropriate to feature the Women's winner of last year's State Street Mile--Meg Barbour. Since her top finish last year, Meg has become a familiar face on the local running scene. She has not only competed successfully in many of our local running events (including a win in this year's Law Day 15K), but she has also brought a high level of enthusiasm and dedication as a runner. Several weeks ago, Meg shared with a group of local runners her personal experience of training for ten weeks in New Zealand with Arthur Lydiard, a man considered by many to be the finest running coach of all time.

Like many devoted runners, Meg has a goal. While some of us are looking for a PR or a win over a fellow competitor, Meg is striving for the ultimate goal--the Olympics. Meg has selected Santa Barbara as the place to pursue a full-time training regimen for the 5,000 meters. Her immediate goal is to qualify for the U.S. Olympic

Trials, where a top three finish would likely place her on the U.S. Olympic Team.

In her profile, Meg notes her interest in youth track programs. This summer, she will be active in a number of youth oriented running activities while continuing her training and hopefully competing in local races on the way to fulfill her Olympic dream.

Basic Information

Name: Margaret Barbour

Age: 25

Employment: Promotion of youth track locally, nationally, and internationally. I am looking for employment in public relations/communication, 25 hrs/week.

Other Sports/Interests: I love outdoor activities in nature, along with art, theater and music.

Running Highlights

Favorite Distance & PR at same: 5K, 17:10.

Best Race and Why: East Coast Div. 1, Cross Country Championships 1990. I was able to flow effortlessly and had the runner's high-awesome feeling.

Worst Race and Why: Indoor two-mile race in West Virginia in 1991. I had a stress fracture in my foot--very painful and stupid.

Average Weekly Mileage (last 12 months): 60 miles/wk

Favorite Local Race: The State Street Mile

Goals (Realistic) for 1995: Top five finish at the USA National Cross Country Championships in December.

Goals (Wildly Optimistic) before Year 2000: I want to travel around the world setting up youth track programs, especially in inner-cities.

Additional Information

Why I Run: I love the feeling of being so free and being around other runners who love what they are doing. It's fun.

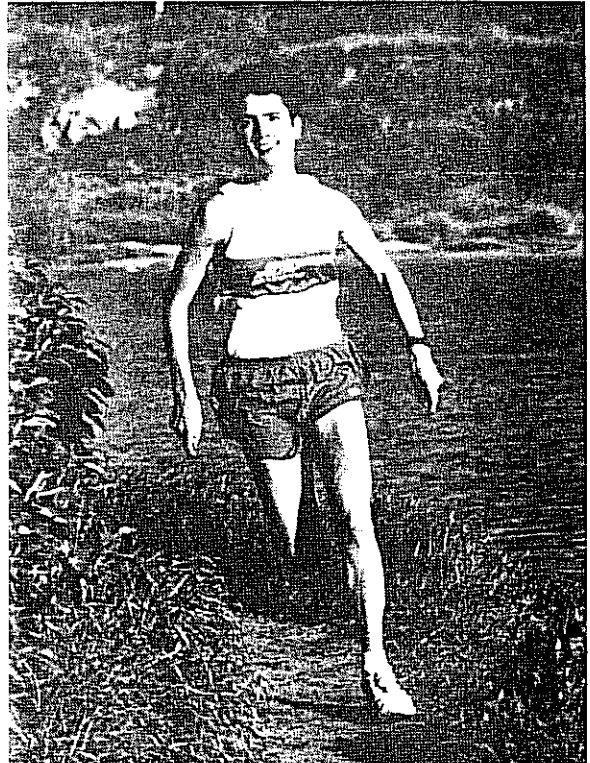
My Runner Hero & Why: Joe Gaetani from my hometown of Cheshire, CT. He was an amazing athlete, was in a construction accident, lost both legs from the knee down, got prostheses and came back to win many world titles for special athletes in the 100 meters. He's an inspiration.

Personal Training Tips: Enjoy your training. Make it as fun and varied as possible.

I love runners who ...: are upbeat and friendly.

Suggestions for SBAA: SBAA does a great job! I encourage all members to get more involved and participate in races and Wednesday night workouts at City College. It's a fun crowd and you will get in great shape.

Quote: "Believe, Achieve and Succeed" Flo Jo
SBAA Member since 1992.



MEMBER DISCOUNTS

Fred Romano, Massage Therapist, Acupuncturist, 563-1863 - 10% off

Goleta Sports Center - 10% off shoes & apparel

Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% off reorders.

Hind Sports - 10% off

Montecito Sports - 10% off

Stephen Fountain Sports Massage - \$10 off, 965-5339

Hourglass - \$1 off per group

Katy Jacobsen Chiropractic - 50% off initial consultation & treatment.

Kevin Young, Realty 3 - 20% off selling side, 0.5% discount when buying, 682-1330

Outfooters - 15% off shoes & apparel